## **Ten-Penny Work-Sheet**

## Reflect each day for a week (record in pencil if possible) on your energy levels

Date / Time

How many Pennies did you wake up with today? What did you do yesterday, last night, this week that led to this number?

What took your pennies today? Which were expected? Which were unexpected?

What gave you pennies today? Which were expected? Which were unexpected?



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